

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A device for extinguishing and retaining a cigarette, comprising:  
a tube having a closed end and an open end, said tube defining an inside diameter arranged and constructed to slidably receive a cigarette, said tube further having a reduced inside diameter portion positioned between said closed end and said open end and arranged and constructed to sealingly engage said cigarette so as to extinguish a lighted tip of said cigarette when inserted past said reduced inside diameter portion, wherein said reduced inside diameter portion comprises at least ~~one~~ two axially spaced circumferential band bands extending inwardly from said inside diameter of said tube.

2. (original) The apparatus of claim 1, wherein said reduced inside diameter portion, said closed end and a portion of said tube extending therebetween define an extinguishing area for extinguishing said lighted tip.

3. (original) The apparatus of claim 2, wherein said inside diameter of said portion of said tube extending between

said closed end and said reduced inside diameter portion is larger than said reduced inside diameter portion.

4. (cancel)

5. (original) The apparatus of claim 1, wherein said open end has a sloped edge arranged to define a short length side and a long length side of said tube, wherein said long length side is longer than said cigarette, and said short length side is shorter than said cigarette, whereby a cigarette positioned in said tube is both protected from crushing and accessible for removal from said tube.

6. (withdrawn) A method for reducing smoking by an individual, comprising the steps of:

(a) providing a device for extinguishing and retaining a cigarette, which device comprises a tube having a closed end and an open end, said tube defining an inside diameter adapted to slidably receive a cigarette, said tube further having a reduced inside diameter portion positioned between said closed end and said open end and adapted to sealingly engage said cigarette so as to extinguish a lighted tip of said cigarette when inserted past said reduced inside diameter portion;

(b) determining a starting number of cigarettes which can be smoked by said individual over a pre-selected period of time;

© during said pre-selected period of time, smoking said cigarettes, when desired, in smoking sessions and extinguishing said cigarettes using said device at an end of each of said smoking sessions so as to provide an extinguished partially smoked cigarette which is used for a next session of said smoking sessions until said partially smoked cigarette is completed;

(d) at an end of said pre-selected period of time, determining a number of cigarettes which have not been smoked;

(e) reducing said starting number of cigarettes by said number of cigarettes which have not been smoked; and

(f) repeating steps © through (e) until smoking reaches a desired level.

7. (previously presented) The apparatus of claim 3, wherein said tube has a further portion extending between said reduced inside diameter portion and said open end which is larger than said reduced inside diameter portion.

8. (previously presented) The apparatus of claim 1, wherein said reduced inside diameter portion is integrally formed in said tube.

9. (previously presented) The apparatus of claim 1, wherein said reduced inside diameter portion is positioned closer to said closed end of said tube than said open end of said tube.

10. (previously presented) The apparatus of claim 5, wherein said sloped edge is a substantially planar surface extending from said short length side to said long length side of tube.

11. (currently amended) The apparatus of ~~claim 4~~, claim 1, wherein said reduced diameter portion further comprises a larger diameter portion between said ~~plurality of~~ axially spaced ~~reduced diameter portions~~, circumferential bands, said larger diameter portion being larger than said axially spaced ~~reduced circumferential bands diameter portions~~.

12. (currently amended) The apparatus according to ~~claim 4~~, claim 1, wherein said tube has a longitudinal axis extending along a length thereof, and wherein said ~~plurality of~~ axially spaced ~~reduced diameter portions~~ circumferential bands are substantially transverse to said axis.